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HEALTH TIP: Lentils are a nutrient-dense legume packed with plant protein, fiber, folate, iron, and polyphenols

Rich in vitamins, minerals, fiber and unique plant compounds like sulforaphane, broccoli helps support immunity, heart health and digestion

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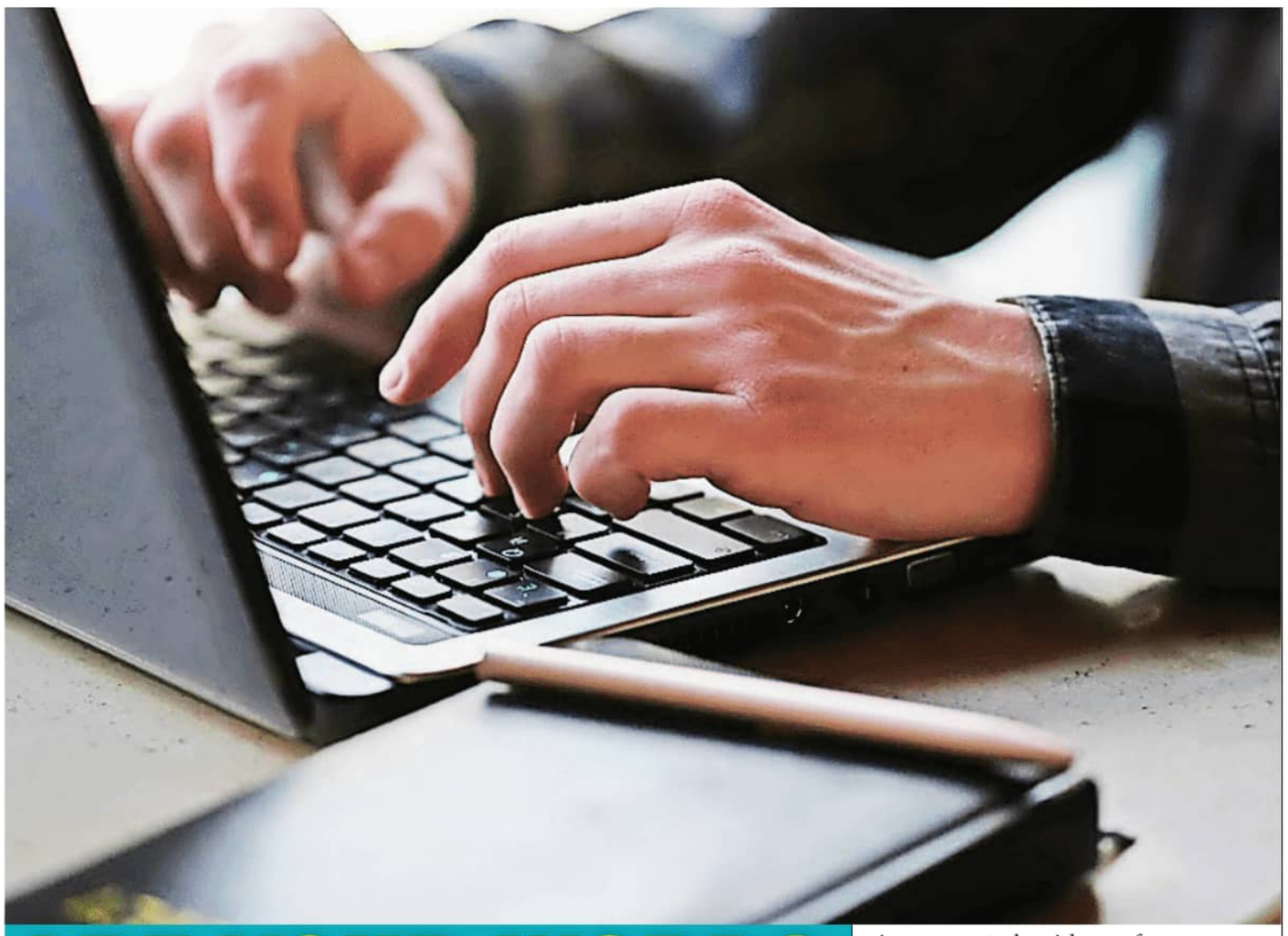


ARE YOUR WORDS TRULY YOURS?

With AI finishing your sentences, what will happen to your unique voice on the page?

It's a familiar feeling: You start a text message, and your phone's auto-complete function suggests several choices for the next word, ranging from banal to hilarious. "I love…" you, or coffee? Or you're finishing an email, and merely typing the word "Let" prompts your app to suggest "Let me know if you have any questions" in light gray text.

Predictive language technologies have become so routine – baked into smartphones, email services and chatbots – that we barely notice them anymore. But they raise a difficult question: What happens to a writer's unique voice when AI routinely completes their thoughts – or generates them altogether from scratch?

As the chair of a large English department – and as a scholar who researches the effects of predictive writing – I've witnessed firsthand the challenges that generative AI systems such as ChatGPT, Gemini and Claude pose for individual expression.

This technology has been incorporated into the writing process so fully that it's almost impossible to imagine encountering a scene from the not-so-distant past: a writer, alone, with a pen and a piece of paper, wrestling with how to best translate their ideas, arguments and stories into something legible and interesting.

Predictive text leads to predictive writing

As many scholars have noted, though, this vision of writing was never fully accurate.

Essays have always incorporated guidance from teachers, professors or writing tutors. A friend might give feedback, or your favorite novelist's turn of phrase might offer inspiration. The language we use is never fully "ours," but draws on millions of sources absorbed over the course of our lives.

Just as it's a myth to imagine that writers compose in a vacuum, there has never been a clear line between genuine human expression versus machine-generated text. As scholars have pointed out, we have been using machines to communicate for a long time. Every technological development – from the quill pen and the typewriter to the word processor – has brought with it changes in how humans express themselves.

However, the ubiquity of predictive language technologies directly threatens human creativity – or, as one study put it, "Predictive Text Encourages Predictive Writing."

Because generative AI composes and suggests text in highly standardised, predictable patterns, its outputs can read as if they're dressed-up versions of what linguists call "phatic expression." These are the overly common phrases that function as social glue more than as conveyors of sentiment: "How are you?", "Have a good day" or "See you soon."

But this glue can lose its hold if the technology is used in the wrong situations. Using artificial intelligence to compose a social media post in the wake of a tragedy, or using it to write a fan letter to an Olympic athlete, comes off as insincere.

People are starting to catch on to generative AI's prose, not because it's clunky or poorly written, but because it all sounds the same. That's because large language models are trained on gigantic masses of examples of human writing, and they predict text based on probabilities and commonalities. Those predictive outputs often end up producing a singular, recognisable voice.

Slouching toward a cultural mean

Generative AI is accelerating the types of cultural convergence and uniform expression that were already happening.

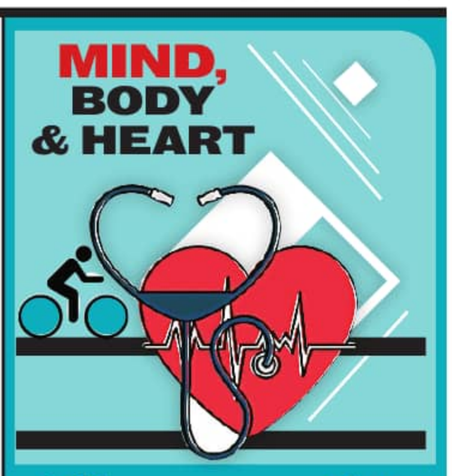
For example, linguists have shown that regional accents in the US are fading and becoming homogenised due to a mix of migration, urbanisation, mass media and social media. Meanwhile, American English continues supplanting many other forms internationally due to the global predominance of US-based media, TV, film and more.

Are we all destined to write and speak alike? Generative AI doesn't know in advance whether you call soft drinks "soda," "pop" or "coke." If you let it choose, it will simply select "soda" for you, since that's the most common term in its training data.

By contrast, what people typically value in a personal essay, novel, poem or message to a grieving friend is the ability of the human author to demonstrate – clearly and distinctly – something powerful and singular.

The bottom line: Writers have access to sources – and language – that machines cannot access or generate. Having students wrestle with unconventional modes of composition and revision lies at the heart of ensuring that the technology is more of a helpful thought partner, but not a substitute for their voice.

(By Gayle Rogers, University of Pittsburgh, The Conversation)



All you need to know about...

Brain tumours

Immune cells within a brain tumour could be taking control of sugar metabolism, breaking down fructose to suppress immune responses and promote tumour growth, a study has found.

Published in the journal Proceedings of the National Academy of Sciences, the study is the first to identify a sugar metabolism driving immune suppression in glioblastoma, an aggressive, rapidly growing malignant tumour in the brain, researchers said.

Breaking down of fructose

They suggested blocking how fructose gets broken down in specialised immune cells may improve a patient's response to immunotherapy and outcomes.

"Across several mouse models, when we removed the fructose transporter, the tumours simply didn't grow," senior author Jason Miska, assistant professor of neurological surgery at Northwestern University's school of medicine, said.

Role of microglia

Microglia are immune cells that surround and support neurons (nerve cells) in the central nervous system. Crucial for the early stages of tumour growth, microglia also express a unique fructose transporter, 'GLUT5', enabling them to transport and metabolise the sugar molecule.

Varied analytical techniques, including genetic sequencing methods, were used to study microglia, macrophages – which are immune cells that can enter tumours from the bloodstream – and tumour cells. The analysis confirmed that microglia uniquely express GLUT5 and showed microglia to be the only immune cells in the glioblastoma microenvironment capable of breaking down fructose.

"We knew microglia use this fructose transporter as part of their normal biology, but we did not expect it to be this important for brain tumour growth," Miska said.

—PTI

MIRRORLIGHTS

Study presents framework for detecting early sign of diabetes from smartwatch data

A study has put forth a scalable and accessible framework for analysing data from wearable devices like smartwatches to detect early signs of diabetes.

Scientists from US-based Google Research predicted insulin resistance among 1,165 participants using data collected from smartwatches, together with demographic and routine blood biomarker information including fasting glucose and lipid profile.

Participants with insulin resistance have higher risk of diabetes, cardiovascular disease, hyperlipidaemia and hypertension, authors said in the study published in the Nature journal.

Experiments showed that fasting glucose alone is not sufficient for estimating insulin resistance, highlighting the importance of lifestyle factors, they said.

"In this study, we present a method for predicting IR (insulin resistance) using signals derived from a consumer smartwatch, demographics and routinely measured blood biomarkers. This method has the potential to be scaled to millions of people, and to enable widespread identification of IR," the authors wrote.

"We assembled a large cohort (n=1,165) with a combined set of data from wearable devices, together with demographics and blood biomarkers, and a ground-truth measure of IR," they said.

The team also developed a large language model called 'IR agent' that combines the assessment model's results with lifestyle and biomarker data to provide holistic insights into one's metabolic health and diabetes risk, and offers personalised recommendations.

"This work establishes a scalable, accessible framework for early detection of metabolic risk, which could enable timely lifestyle interventions to prevent progression to type-2 diabetes," the authors said.

—PTI

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HOLIDAY NOTICE

Our offices and press will remain closed on Thursday on account of Ugadi festival. So you'll miss seeing us on **Friday, March 20.** Log on to **www.bangaloremirror.com** or follow **@BangaloreMirror** on X for all the news and updates

LOST IN TAKEOVER

GBA seems to have forgotten all about BBMP's Rs 439-lakh revival plan for nearly 30 lakes in city

PAGE 4

CHEERS ANYWAY

Excise revenue going strong though cold weather, neighbouring states' policies took sheen off beer sales

PAGE 5

Expats in the Gulf and their families back home in Bengaluru caught in whirlpool of war, information overload and misinformation that have sent anxiety levels spiking; those with pre-existing mental health conditions most vulnerable

ONE BATTLE AFTER ANOTHER

Some signs: Sleep disturbances, recurring anxious thoughts, physical symptoms associated with panic

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PAGE 7: COUNTING THE LOSSES

Rising war-related news has triggered heightened anxiety among individuals, including expatriates and those with pre-existing mental health conditions.

Experts report more cases of panic, sleep disturbances, and emotional distress. Expats in the Gulf and their families back in Bengaluru are particularly affected, with many parents fearing for their children's safety. Psychologists note a growing number of people seeking counselling, as constant exposure to distressing updates and misinformation continues to intensify psychological strain and uncertainty.

Authorities in the UAE have consistently maintained that the country remains secure and well-prepared to handle regional uncertainties. However, many expatriates living in the UAE are grappling with a quieter, less visible impact. While the UAE remains stable, the constant exposure to war-related news and misinformation is taking a psychological toll. "I check the news first thing in the morning and before I sleep. Even if nothing directly affects us here, there's this constant fear what if things

CONTINUED ON PAGE 6 >>

> **"Repeated exposure to distressing information keeps the mind in a constant state of alert. We are also seeing an increase in people looking for immediate coping strategies, indicating that these symptoms are disrupting daily functioning**
>
> —Neha Cadabam, senior psychologist

Waiting for Mallige

With no clarity on who will take up pending work after previous executor bowed out, key corridor of suburban rail project remains hanging

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More than a year after work came to a halt on Bengaluru's suburban rail 'Mallige' corridor, uncertainty continues over who will execute the pending construction. The delay has raised concerns that the ambitious suburban rail project could face further setbacks and escalating costs.

The 25.01-km Benniganahalli–Chikkabanavara corridor is a key part of the Bengaluru Suburban Rail Project (BSRP). However, after infrastructure major Larsen & Toubro (L&T) withdrew from the project citing incomplete land acquisition, the implementing agency Karnataka Rail Infrastructure Development Company (K-RIDE) has yet to finalise a new contractor.

A re-tender was floated in November last year, and the bids were expected to be opened and finalised in the first week of February, but the process is still pending and no fresh work order has been issued.

Where do we stand

The corridor includes 7.795 km of elevated stretch between Benniganahalli and Shettyhalli, 11.569 km of ground-level track between Benniganahalli and Banaswadi, and 5.80 km between Yeshwantpur and

CONTINUED ON PAGE 6 >>

THINGS TO DO

01 Lost in melody

'Tori Rang Rachi' by Santvani will be bridging the gap between ancient spiritual wisdom and modern existence through the evocative power of music, by bringing verses by renowned saint-poets to life through melody. The track list, to be performed by an all-women group, features major spiritual compositions. **Where: Cubbon Bandstand; When: March 22, 8 am**

02 Funny side up

Sharul Channa will be bringing her take on identity, relationships, gender expectations, and everyday social contradictions, in her latest stand-up comedy show titled 'Saree, These Are Just Joke'. **Where: Jagriti Theatre, Whitefield; When: March 20, 7.30 pm**

03 Rhythm revival

Indofuzon presents Baithak 2.0, an evening that blends contemporary fusion with classical and folk influences, bringing together powerful vocals and rich instrumentation for an immersive live music experience. **Where: Indian Craft Brewery (ICB), Nagawara; When: March 21, 8 pm**

04 Theatre magic

Ranga Shankara is presenting 'Chippi, The Chipkali', a puppet play featuring the tale of a baby lizard who loses its tail and is mocked by others, as part of Take a Child to the Theatre 2026 campaign. **Where: Ranga Shankara, JP Nagar; When: March 20, 7.30 pm**

05 One with nature

Kapila Nahender presents Pockets of Resistance, a new body of work that examines the subtle yet powerful ways in which nature continues to exist within the dense fabric of contemporary cities through a series of layered oil paintings. **Where: Venkatappa Art Gallery; When: March 20 to 29, 11 am to 6 pm**

Teacher's plea to halt sexual assault proceedings denied

HC rejects dismissal of trial against teacher accused of sexually harassing colleague, says circumstances warrant trial to prove veracity of claims made by accused

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The Karnataka High Court has refused to quash criminal proceedings against a government school teacher accused of repeatedly sexually assaulting and blackmailing a colleague, observing that the allegations reveal a serious pattern of coercion that must be tested during trial.

The case stems from a complaint lodged by a guest teacher working at a government school in Shivamogga district. In her complaint, she alleged that the accused, a senior teacher at the same institution, subjected her to sustained harassment which later escalated into repeated sexual assault. She claimed that he took intimate photographs of her without consent and subsequently used them to threaten her, warning that he would circulate the images and jeopardise her job if she resisted his demands.

According to the complaint, these threats were used to force her into sexual acts against her will over an extended period. The woman eventually approached the police after enduring what she described as prolonged exploitation.

The accused moved the High Court seeking to have the case dismissed, contending that the relationship between the two was consensual and that the allegations had been falsely framed.

IN HIGH COURT

However, Justice M Nagaprasanna declined to accept this argument at the preliminary stage. After examining the complaint and the material gathered during the investigation, the court noted that the allegations cannot be brushed aside as baseless. It observed that the circumstances described by the complainant point to a situation where consent, if any, may have been obtained through intimidation and misuse of authority.

The court highlighted that the alleged acts involved threats of reputational harm and professional consequences, which could undermine the very notion of free consent.

Emphasising the gravity of the accusations, the court stated that it would be inappropriate to interfere at this stage and halt the proceedings. It noted that the veracity of the claims and the defence put forward by the accused can only be properly assessed during a full trial, where evidence is examined in detail.

Concluding that the case raises substantial issues requiring judicial scrutiny, the High Court refused to exercise its powers to quash the proceedings. It directed that the trial continue before the appropriate court in accordance with law.

State asked for report on Dharmasthala case

The Karnataka High Court has asked the state government to submit a detailed report outlining the steps taken by the police in investigating a series of unnatural deaths allegedly linked to the Dharmasthala mass burial controversy. A division bench comprising Chief Justice Vibhu Bakhru and Justice CM Poonacha was hearing a public interest litigation in which the petitioners claimed that as many as 74 unnatural deaths had not been properly investigated. According to them, mandatory procedures such as inquests and post-mortem examinations, required under criminal law, were not followed in these cases.

During the hearing, the State's counsel acknowledged that records relating to unnatural deaths in Dharmasthala prior to 2010 had been destroyed in line with an administrative policy. However, it was submitted that records from 2010 onwards are still available. The State also raised concerns about the timing of the petition, noting that the allegations date back nearly two decades. The bench, while considering the submissions, orally remarked that any death occurring under suspicious or violent circumstances must be treated as an unnatural death and requires proper investigation unless clearly attributable to natural causes.

Taking note of the issues raised, the High Court directed the State to file a comprehensive statement placing on record the material facts and the nature of investigations carried out in connection with the deaths and disappearances. The matter has been posted for further hearing on July 9.

Sudden showers cool Bengaluru, but dampen pre-Ugadi shopping spirit

Bengaluru witnessed a welcome dip in temperatures on Wednesday as unseasonal rainfall swept across the city, offering much-needed relief from the rising heat.

The showers, accompanied by cloudy skies and cool breezes, marked a noticeable shift in weather conditions that had been steadily warming over the past few weeks.

In a significant development, this was also the first time this year that a yellow alert nowcast was issued for Bengaluru. Meteorologists noted that such early-season alerts are relatively uncommon but not unprecedented.

Residents across various

parts of the city reported a refreshing change, with temperatures dropping and outdoor conditions becoming more comfortable. For many, the rain brought a sense of relief after days of dry and warm weather.

However, the untimely showers cast a shadow over pre-festival preparations ahead of Ugadi, which falls on Thursday. Shopkeepers and street vendors, who had geared up for a surge in last-minute shoppers, were left disappointed as footfall dropped significantly during peak business hours. Markets that are typically bustling with activity on the eve of Ugadi appeared subdued, with traders expressing concern over potential losses. "We were expecting a strong turnout today, but the rain kept many customers away," said a local vendor. The weather department has indicated the possibility of more intermittent showers over the next couple of days. — BMB

Rising input costs put pressure on helmet industry

The Helmet Manufacturers Association of India has raised a red flag over a sharp increase in raw material prices, driven largely by global supply chain disruptions and ongoing geopolitical conflicts. Key inputs used in helmet manufacturing, particularly petrochemical-based materials, have seen steep hikes in recent months. Expanded Polystyrene (EPS), the core impact-absorbing material, has surged by nearly 74 per cent, while ABS and polycarbonate used in outer shells have risen by around 40 per cent. Other materials such as polypropylene, PVC, foam and packaging have also recorded increases ranging between 25 per cent and 47 per cent. Industry experts attribute this trend to volatility in crude oil markets, higher freight costs and disruptions in global petrochemical supplies. This comes at a time when India's helmet market, valued at over USD 2 billion, continues to grow steadily alongside the country's strong two-wheeler demand.

Amid rising cost pressures, the association has cautioned against any compromise on safety standards. Rajeev Kapur, President of the association and Managing Director of Steelbird Hi-Tech India, warned that some manufacturers may be tempted to cut costs by reducing EPS density, using non-virgin materials or compromising on foam quality, all of which can directly impact rider safety. He also flagged concerns around the increasing presence of counterfeit or misused BIS certifications in the market, particularly affecting bulk buyers such as vehicle OEMs, delivery platforms and fleet operators. — BMB

Father, son arrested for robbing computer shop

Govindapura police have arrested two individuals for stealing 444 laptop spare parts, 279 SSD storage devices and cash from a computer shop, amounting to a total of Rs 80 lakhs, on March 15, 2026.

A resident of T Channayya Layout, Nagawara, lodged a complaint on March 14, 2026, stating that his computer shop in 4th Block, HBR Layout, had been burgled. He reported locking the shop on the night of March 13, but upon returning at 11 am the next day, he found the door open. Inside, the wardrobe lock was broken and laptops, spare parts, SSD storage devices worth Rs 80 lakh, along with Rs 2.4 lakh in cash, had been stolen by unidentified individuals. Acting on credible information, police arrested a suspect on March 15 in Chanakya Layout, Nagawara, and seized a two-wheeler used in the crime. During interrogation, the accused revealed his father's involvement, leading to his arrest as well. —BMB

Duo held for stealing silver worth Rs 35 lakh

Following a complaint lodged on January 29 at Halasuru Police Station by the owner of a jewellery polishing shop in Bettappa Lane, CT Street Cross, police arrested two individuals for stealing silver worth Rs 35 lakh. The shop owner had employed one of the accused a month earlier, but on the morning of January 29 discovered that 12 kg of silver articles were missing. Suspecting his employee of theft and absconding with the valuables, he filed a complaint.

On February 28, police arrested the accused and his associate within the limits of Sedwa Police Station in Rajasthan. During interrogation, both confessed to the theft. Officials recovered 8.76 kg of silver articles from their possession. The accused were produced before the local court, which issued a transit warrant to bring them to Bengaluru on March 4. While in police custody, the accused disclosed that 1.36 kg of stolen silver had been given for polishing at a shop in Cubbonpet. Police recovered the articles from the shop. —BMB

CCB cracks down on illegal firearm supply

In a case registered under the Arms Act at the CCB Economic Offences Wing on February 25, 2026, police arrested two absconding suspects and recovered a .32 mm country-made pistol along with 50 live cartridges from their possession. According to the investigative report, officers traced the supplier to his residence in Bhopal, Madhya Pradesh, and apprehended him on March 12. During sustained interrogation, the accused confessed to supplying pistols and ammunition.

Based on his statement, police recovered three additional country-made pistols, parts of a revolver, and two live cartridges from his house. —BMB

Man swindled of cash and valuables by 'astrologer'

An income tax official was allegedly cheated by an astrologer who claimed to predict his future through face reading and later coerced him into performing a ritual for prosperity. The officer, a resident of Sivanchetty Garden, lodged a complaint at Bharathnagar Police Station on March 5, suspecting fraud.

According to police reports, the victim was passing near Sri Circle when a man claiming to be a parrot astrologer approached him and persuaded him to undergo face reading and a special ritual promising career transformation. The astrologer initially took Rs 50,000 and later threatened the victim, insisting on a grand ritual to avoid misfortune. The victim handed over 194 grams of gold ornaments and 1.3 kg of silver articles, but when he demanded them back, the accused issued further threats. Police apprehended the accused near Cantonment Railway Station on March 12. During interrogation, he admitted to selling the stolen items at a jewellery shop. On March 15, police recovered 124 grams of gold and 796 grams of silver worth Rs 20.6 lakh. —BMB

Drug smuggling via postal service busted

The CCB Narcotics Control Wing carried out a special operation last week at the Foreign Post Office in Chamarajpet after suspecting parcels arriving from abroad. On inspection, officers seized 2.865 kg of hydro ganja, 108 grams of MDMA crystals, and 2 grams of cocaine. A case has been registered at KG Nagar Police Station under the NDPS Act, and legal proceedings have been initiated. It was found that two accused, who were arrested from Adugodi, were importing banned narcotic substances from Thailand and other countries. Police investigations indicate that more individuals are involved, and efforts are underway to trace their whereabouts.

In a separate operation, police officials from Hulimavu Police Station cracked down on foreign nationals overstaying their visas. Three foreign nationals hailing from Nigeria, Tanzania, and Ivory Coast have been detained and further legal action is underway. —BMB

BM Finance Fundas

Strategies to build wealth as a beginner

Many people begin adulthood with financial support, inheritance, or family wealth. But millions of others start with nothing except their skills, ambition and determination.

No inheritance, no safety net

Building wealth from zero is a very different journey. For someone starting without inheritance, even small achievements can feel significant. Yet the mental challenge often goes beyond finances. Watching others spend freely, travel internationally, or rely on family support can sometimes create feelings of comparison or being "behind." The truth is that many financially successful individuals began exactly this way — building everything step by step.

Emotional challenge of starting from scratch

Building wealth independently is not only a financial challenge; it is also psychological.

Financial journeys are rarely identical. Instead of measuring success against someone else's timeline, many self-made individuals focus on long-term progress. The mindset shifts from "Why am I behind?" to "How far have I come?" Recognising this difference can be one of the most powerful mental adjustments in a self-built financial journey.

Your biggest asset isn't money

When you start with no inheritance, your greatest asset is not capital — it is your ability to earn. The first stage of building wealth from zero is developing high-value skills that increase income potential.

Many self-made individuals focus on fields where expertise is highly valued and difficult to replace. High-income skills create the initial investment capital required to build long-term wealth. For people starting with nothing, income growth often matters more than early investing returns.

Wealth builders use "high defence" money habits

When every rupee or dollar is self-earned, avoiding financial leaks becomes crucial. Self-made wealth builders often follow disciplined financial habits like the 50/30/20 budgeting rule with 50 per cent needs, 30 per cent wants, 20 per cent savings; Emergency fund: saving 3–6 months of expenses; Avoiding high-interest debt, especially lifestyle borrowing; Living below income.

These habits create stability and ensure that unexpected expenses do not derail long-term plans. Financial discipline is often the silent advantage behind many self-made success stories.

The power of compounding rewards early effort

Even small investments can grow significantly over time through compounding.

When money is invested regularly into diversified assets such as index funds or exchange-traded funds, returns begin generating additional returns. Over decades, this process can dramatically increase wealth. Compounding works best when it is given time — making patience one of the most valuable financial habits. —ET

Lake revival promises sink in Bengaluru's funding mess

Despite allocated funds, lake improvement works fail to move forward, leaving multiple B'luru water bodies polluted, encroached, and awaiting basic restoration measures

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The Greater Bengaluru Authority has left the city's lake care in limbo. During the BBMP regime, a lake improvement plan covering nearly 30 lakes was proposed at a cost of Rs 439 lakh.

The work included repairs to gazebos, installation of trash barriers, floating wetlands, repair of gates and security rooms, and provision of leaf composters and aquatic de-weeders across lakes in the east and west corporation limits.

According to sources, a tender was floated and a work order was issued nearly six months ago. "After it went to the Greater Bengaluru Authority corporations, it did not move forward. Corporations say work is not being taken up due to the paucity of funds," said the source.

Lakes identified under the plan include Kowdenahalli, B Narayanapura, Hormaavu, Mahadevapura, Seegehalli, Hormaavu Agara, Challakere, Vijinapura, Bhattarahalli, Byrasandra, Kacharakanahalli, Sankey Tank, Ambalipura Kelaginakere, Ambalipura Melina Kere, Kaigondanahalli, Sowl Kere, Haraluru, Kasavanahalli, Varanasi, Panatur, Devarabeesanahalli, Garudacharpalya, Chinnapanahalli, Munekolalu Kere, and Hoodi. When BM approached a GBA official from West City Corporation, they said the leaf composter at Sankey Tank is due and installation will happen soon. "Some work is being carried out at the lake at the ward level. This has led to a lot of disturbance, causing a delay in the project. Under the project, Rs 20 lakh was allotted for the annual maintenance of Sankey Tank and the installation of a leaf composter. We will install the composter as soon as the ongoing work is over," said the official.

> **"Under the project, Rs 20 lakh was allotted for the annual maintenance of Sankey Tank and the installation of a leaf composter. We will install the composter as soon as the ongoing work is over**
> – GBA official, West City Corporation

City-based lake activists say that while measures such as garbage nets, aerators, water testing, and revival of aquatic life are essential, encroachment remains a major concern.

Many lakes continue to face pollution, encroachment, and incomplete restoration despite earlier plans, including a proposal to restore 69 lakes at Rs 67 crore.

"Greater Bengaluru Authority's (earlier Bruhat Bengaluru Mahanagara Palike) recent allocation of Rs 439 lakh for lake improvement works across Bengaluru East and West corporations is a welcome step toward urban sustainability, yet it falls short of delivering tangible restoration. This underscores the urgent need for stricter execution and community oversight to truly revive these vital ecosystems," said Vinod Jacob, a city-based environmentalist.

Single use glass waste finds new life through initiative

Shift from plastic to glass creates new waste challenge, community initiative promotes reuse and builds circular system for glass containers

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The growing shift from plastic to glass packaging, often seen as an eco-friendly alternative, has brought an unintended consequence — the rise of single-use glass waste. Addressing this gap is the 'Return to Repurpose' initiative, led by ecoSansar in collaboration with WeKnewRenew and GreenMic. The initiative aims to create a circular system where glass containers are reused instead of discarded.

The initiative works through a decentralised, community-driven model. Residents from gated communities take part in bi-monthly drop-offs, ensuring jars are cleaned before collection. The materials are then handled by the WeKnewRenew team, a group led by waste pickers who manage segregation, washing, drying, and bundling for resale.

Gayatri Joshi, founder, ecoSansar said, "I have been working to enable reuse of packaging in diverse ways for the past decade through ecoSansar, established in 2017. I noticed an alarming increase in use of glass containers for packaging food items - like jams, pickles, sauces, dips, juices, milkshakes, kombuchas, even cookies, spices, nuts in glass jars since that time. Businesses shifted from plastic to glass containers to appear ecofriendly. But the glass container still remained as single use, with no take back programs. So the problem statement shifted from single use plastic to single use glass.At the system side, I noticed recovery of glass for reuse/recycle from household waste is severely compromised because of food contamination and breakages. Broken glass also was causing injuries to waste workers who sort through waste with bare hands.I saw the problem and also identified an opportunity Glass is safely reusable - which means it does not lose quality and aesthetic with wash. So why not enable repurposing of these perfect yet unwanted glass jars / bottles."

Volunteer residents from gated communities like Krishvi Gavakshi and Good Earth help with internal communication, encouraging participation in regular drop-offs. Cleaned jars are collected to ensure safe and hygienic handling conditions, with residents actively cooperating in the process. The repurposed jars are used by micro home businesses, candle makers, and handicraft entrepreneurs, supporting a local reuse economy. So far, the initiative has collected over 1,800 glass containers and repurposed more than 930. Additionally, over 10,000 kg of glass waste has been diverted from landfills. Beyond environmental impact, the initiative has also generated social benefits. Six informal sector workers have been trained and upskilled, gaining safer working conditions and improved income opportunities through reuse-based livelihoods.

> **So far, the initiative has collected over 1,800 glass containers and repurposed more than 930. Additionally, over 10,000 kg of glass waste has been diverted from landfills**

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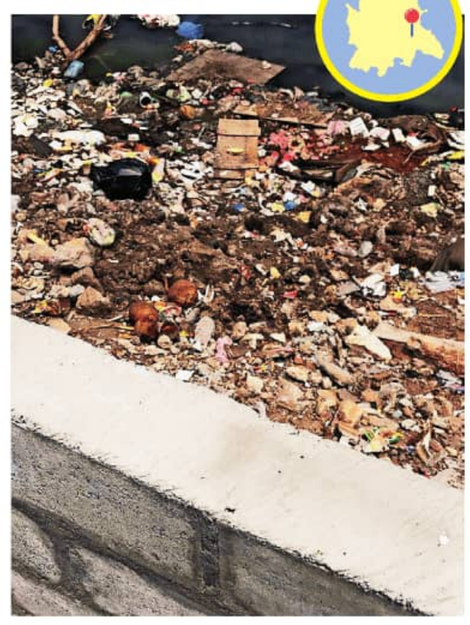
Illegal hoardings

Jayanagar

Despite the ban, both ruling and opposition parties continue installing flex boards along roads and footpaths, turning it into a persistent civic issue.

Infrastructure lapse

Austin Town



A wall has been built beside a college on Old Race Course Road in Austin Town without prior desilting, raising serious concerns.

Visibility blocked

Mahalakshmi Layout

Hoardings installed at turning points in Usha Park, Mahalakshmi Layout are blocking visibility and disrupting smooth traffic movement.

Cheer up though it is too cold to chill with a beer

Beer sales fall sharply due to unseasonal cold conditions, neighbour state policies, but K'taka earns good liquor revenue

FILE PHOTO

Sridhar.Vivan
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It appears that weather may have succeeded where strict campaigns rarely do. An unusually cold spell across Karnataka last year, along with policy changes in neighbouring states, has led to a slight dip in liquor sales this year, even as the state continues to earn significant excise revenue.

Figures presented by Excise Minister RB Thimmapur during the recent session of the Karnataka Legislative Assembly showed that the excise department collected ₹33,370.54 crore by the end of January in the 2025–26 financial year, rising to ₹36,492.47 crore by the end of February 2026.

Despite the strong revenue figures, data indicates that overall liquor sales have dipped slightly compared to the previous financial year. Sales declined by 0.68% by the end of January 2026, and the drop stood at 0.51% by the end of February 2026, according to the minister.

One of the major factors cited for the decline is the new excise policy introduced in neighbouring Andhra Pradesh, which has reduced the number of customers crossing the border to purchase liquor in Karnataka. Border districts such as Kolar, Chikkaballapur, Tumakuru, Chitradurga, Ballari and Raichur have seen a noticeable fall in sales as fewer consumers travel from outside the state.

Thimmapur said beer sales have seen a sharper fall. The minister informed the House that beer sales dropped by 14.59% by the end of January 2026 compared to the previous year. Officials attribute this decline partly to unseasonably cold weather across several districts, which typically reduces demand for beer. In addition, excess rainfall in some regions has also affected consumption patterns.

Sales declined by 0.68% by the end of January 2026, and the drop stood at 0.51% by the end of February 2026, according to the minister

Given the importance of excise revenue to the state's finances, the government has begun reviewing its tax framework. The minister said a Resource Mobilisation Committee has been constituted to analyse the current taxation system and suggest ways to increase revenue collection.

Meanwhile, enforcement along the western border has been tightened to curb illegal inflow of liquor from Goa. The excise department has set up three permanent checkposts on highways to monitor vehicles and prevent smuggling. Over the past three years, authorities have registered 123 non-bailable cases, arrested 77 accused persons, seized 61,184 bottles, and confiscated 87 vehicles worth ₹13.68 crore.

Officials say weather patterns, interstate policies, and enforcement measures together influence liquor consumption trends significantly.

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2 held for house burglaries: Nandini Layout police have arrested two persons involved in a series of house burglaries and recovered stolen valuables worth ₹24.6 lakh. According to police, inquiry into two separate burglary cases had been registered on different dates led them to the accused ShanthaKumar and Prem Kumar, who confessed to breaking into at least three houses. **BMB**

'Rely on credible sources for news to cut worry'

CONTINUED FROM PAGE 1

escalate? And how should we be prepared next? Even in social groups, discussions keep circling back to war," said a marketing professional from Bengaluru currently working in Abu Dhabi.

Dr Shilpi Saraswat, Clinical Psychologist at Sakra World Hospital Bengaluru, told BM about the cases that are cropping up. "The symptoms are worsened by fear for family safety, exposure to war news, displacement or perceived threat. More expats are showing up with these symptoms. If there are any preexisting symptoms, such as anxiety and post-traumatic stress disorder (PTSD), it gets aggravated and people can experience panic. Or they can exhibit avoidance behaviour, that is to not watch news or talk about geopolitical situations and wars."

A techie from Bengaluru working in Dubai explained what the situation is like out there. "Everyone is moving around and going to their place of work, visiting places, going to mosques to pray. They have resumed their daily activities. The government here keeps giving repeated assurances. But there is a nagging fear all the time that if this does not stop anytime soon, then what do we do. Even kids understand and are scared to go out and play. While we feel we are safe, there is still anxiety and stress due to the ongoing situation."

Bengalureans, who have their children or other family members, located in these war zone regions are equally stressed back home. Neha Cadabam, Senior Psychologist & Executive Director, Cadabam's Hospitals, said, "We are observing a significant trend on MindTalk. There has been a noticeable rise in users expressing fear and distress related to the safety of their family members, particularly those living in regions perceived to be at risk. Parents and caregivers are reporting heightened worry, often accompanied by compulsive behaviours such as repeatedly checking for updates or staying constantly engaged with news. More broadly, there is an overall increase in people seeking reassurance and clarity about their emotional responses."

According to Cadabam, what stands out is that many of these individuals are not in immediate clinical crisis, but are struggling with sustained anxiety driven by uncertainty. "This reflects a shift towards seeking immediate emotional support, highlighting how external global events are directly influencing mental wellbeing at a population level," she said.

She also pointed out that over the past few weeks, there has been a noticeable spike in users reporting heightened anxiety, uncertainty, and fear linked to ongoing global developments. "A large proportion of these users already have underlying conditions such as anxiety disorders or depression, and external uncertainty tends to amplify their existing symptoms. What is particularly concerning is the immediacy of these reactions. People are seeking support in real time, often triggered by continuous exposure to breaking news and social media updates. This pattern indicates that mental stress is not only increasing, but also escalating much faster than before."

Many have reported sleep disturbances, recurring anxious thoughts, and physical symptoms associated with panic, such as restlessness and difficulty breathing.

Several others, who were previously stable, are now seeking additional support to manage sudden spikes in anxiety. "This is largely driven by repeated exposure to distressing information, which keeps the mind in a constant state of alert. We are also seeing an increase in users looking for immediate coping strategies, indicating that these symptoms are not just present but actively disrupting daily functioning," she said.

Unverified forwards, graphic visuals, fake posts, and sensational headlines can create a perception that danger is immediate, even when it is not. "You want to stay informed of the situation, but it becomes overwhelming once one starts to browse social media as there is a lot of news. Even the fake ones are blown up and shown like it's real, triggering a lot of anxiety. We just have to limit news consumption and rely on credible sources," said the parent of a person working in the war-affected region.

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I, Prabha Venkatrao Kulkarni R/o No.16, 2nd main, 3rd cross, Sanjaynagar, Rmv 2nd stage, Bengaluru 560094 have changed my name Prabha Kulkarni. I shall be called by this name for all purposes

I, Shamitha Madhukar R/o No-1005 1st Main Park Road Hanumanthapura Madhugiri Tumakuru-572103 Have changed my name to Shamitha Madhukar Sugur for All Purposes.

I, MANJUNATHA L D R/at Provident Park Square 3D 802, Judicial Layout, Thalaghattapura, Bengaluru-560062, have changed my name to MANJUNATH L D for all purposes.

I, Ektha Roopchand R/o No B28/10th Ward Navakar Colony Hampi Road Hosapete Ballari 583201 Have Changed my name to Ektha Jain for All Purposes.

I, Susairaj Anthony, residing at Salvatorians, Carmelaram Post, Bengaluru Urban-560035, declare my parent's correct names are Anthonysamy (Father) and Sagayamary (Mother), wrongly recorded as Anthony Samy Arumai and Sahaya Mary. Verified by Affidavit (No: IN-KA10760864113987Y) dated 17-03-2026 by Notary B.M. Chandrashekar, Bengaluru.

I, MUNEER UNNISA, R/o No. 002, 1st Floor, Shivashakthi Nivas, 4th Main, 4th Cross, Opp. Ganesh Saw Mill, K.K. Road, T. Dasarahalli, Bengaluru - 560057, have changed my name from MUNIRUNNISA to MUNEER UNNISA, vide affidavit dated 17.03.2026, sworn before notary G. Dayanada, Bengaluru.

I, ASMATHUNNISA, R/o No.60 Mysore Lamps Layout Channayakanapalya, Bengaluru – 560073, have changed my name from ASMATHUNNISA N. R. to ASMATHUNNISA, vide affidavit dated 17.03.2026 sworn before notary G. Dayanada, Bengaluru.

I, Nikunj Khare, R/O Ubeer Verdant Phase 2 Tower A-303, Doddakannelli Village Carmelarm Post Off Sarjapura Road Bangalore 560035 have changed my minor son name from Rishaan Khare to Atiksh Khare for all future purpose.

I Shreya Giri D/O, Aleman Ram Mohan Rao Giri R/o B-308 Parimala Skyview, Itpl Main Road, Hopefarm, Whitefield, Bangalore, 560066 have changed my name to Shreya Giri Rao.

I, Nandan Patil Hanchnal S/o Vijay Kumar R/o No 1-10-72/28, Station Road, Azad Nagar, Kallur Colony, Raichur 584101 have changed my name to Nandan Patil .

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I, VIDYA DATTARAYA SHET residing at M1 G-11 K H B Colony, Prabath Nagar, Honnavara, Uttar Kannada – 581334 have changed my name to VIDYA SHET vide affidavit dated 16/03/2026 sworn before notary H S Sakalesh Aradhya Bangalore

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Crack down on babus over Assembly lapses

The State Government has issued notices to eight senior IAS officers heading major departments for failing to respond to legislators' questions in the Assembly, after serious concern was raised over delays and missing replies.

Acting on the directions of Chief Minister Siddaramaiah and following strong displeasure expressed by Speaker UT Khader, Chief Secretary Shalini Rajneesh has sought written explanations from the officials concerned.

The action comes after it was found that only about half of the questions raised by MLAs were answered, creating embarrassment for the government and raising concerns about weakening legislative accountability. **BMB**

Kodagu elephant conflict: Khandre orders action

To mitigate human-elephant conflict in Kodagu, Karnataka Forest Minister Eshwar Khandre has instructed officials of the state forest department to maintain existing elephant corridors and ensure proper upkeep of solar fencing.

He instructed the repair of the existing 422 kilometres of elephant corridors and 544 kilometres of solar fencing within a month to prevent further incidents. "Out of the total deaths in human-wildlife conflict cases in the state, 38 percent occur in Kodagu district, and to control this, patrolling needs to be increased," said Khandre. Elephant task forces and rapid response units, along with human-wildlife conflict control units, should be strengthened to respond quickly to emergencies. **BMB**

Missed deadlines come at high cost

CONTINUED FROM PAGE 1

Chikkabanavara. While the track work remains stalled, K-RIDE has accelerated construction of several suburban rail stations including Yeshwantpur, Benniganahalli, Kasturinagar and Banaswadi. According to officials, pillar construction is progressing with 140 pillars completed in Benniganahalli, 144 in Hebbal and 233 in Yeshwantpur, though several more remain pending.

Along the railway boundary, 210 metres of retaining wall have been built out of the planned 560 metres, while another 250 metres are yet to be completed.

Out of 44 minor bridges planned along the corridor, only six have been completed while 21 remain halfway through construction.

Similarly, among 20 railway underpasses, four are partially completed, while eight level crossings still need to be removed and properties relocated. Officials say track laying, signalling, traction and electrical works can begin only after the new contractor is appointed and the remaining land acquisition and encroachment clearance issues are resolved.

Cost impact

The continued delay is also pushing up project costs. Initially, the entire suburban rail project comprising four corridors was estimated at ₹18,621 crore. Later, following the Centre's suggestion to adopt a PPP model instead of purchasing 300 train coaches directly, the cost estimate was revised downward to ₹15,767 crore, reducing expenses by ₹2,854 crore. However, since the PPP model for train procurement could not be implemented, the government now has to spend an additional ₹4,300 crore to purchase rolling stock. The state cabinet has already approved its 30 percent share amounting to ₹2,135 crore, while the central government is expected to fund 50 percent of the project cost. With civil works delays and other expenses mounting, officials estimate the project cost could now rise to ₹23,342 crore.

Transport experts warn that Bengaluru urgently needs large-scale mass transit solutions and any further delay in the suburban rail project could push costs up two to three times. Due to the setbacks, the completion timeline of the Bengaluru Suburban Rail Project, originally targeted for 2026, has now been extended to 2030.

LPG crisis turns up heat on industries

Gas crisis paralyses Bengaluru businesses, forcing closures, limiting menus, and threatening jobs across multiple sectors

WAR UPDATES

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TWEETS @sridharVMIRROR

Bengaluru's hotel industry is facing mounting losses as disruption in commercial LPG supply continues to affect daily operations. With kitchens struggling to function and costs rising sharply, hotel owners warn of closures and demand immediate relief from the government.

Mounting losses

The Bengaluru hotel sector has already suffered losses estimated at around ₹100 crore over the past week due to irregular supply of commercial gas cylinders. According to hotel association representatives, many establishments have been forced to reduce operations or temporarily shut down, leading to significant revenue losses. "Despite not wanting to close, we are left with no option due to the lack of gas supply," said PC Rao, Honorary President of the Bengaluru Hotels Association, urging the government to consider tax relief.

Hotel owners say the shortage has worsened over the last ten days, affecting both large restaurants and small eateries. With nearly 40,000 hotels operating across the state and only a fraction formally registered, the impact is widespread. Several establishments have reduced menu options or operating hours to cope with limited fuel availability.

The crisis has also led to increased operational costs, with some businesses passing on the burden to customers. In one instance, a Bengaluru café charged an additional ₹8.50 as a "gas crisis fee" on a lemon juice bill, sparking debate among customers over rising costs and pricing transparency.

The crisis has hit Peenya, one of the country's largest industrial hubs, where over 3,000 small units reliant on gas are disrupted. Sectors like welding, heat treatment, food processing, and fabrication are struggling to operate.

Industrialists warn that prolonged shortages could force shutdowns, making it difficult to pay wages and meet deadlines. With fuel forming 15–30% of production costs, even brief disruptions are hurting viability, while delayed orders risk penalties and added financial strain

Ballari's jeans manufacturing sector, which exports to Dubai and Singapore, is facing a slowdown due to global tensions, trade disruptions, and halted imports of key chemicals like hydrogen peroxide and sodium hypochlorite. Falling international demand and raw material shortages have reduced production and orders, leaving manufacturers uncertain.

Wider concern

Across industries, businesses are seeking urgent intervention to stabilise supply chains and ease financial strain. While multiple sectors are affected, hospitality remains the worst hit, with daily operations disrupted. If the crisis continues, stakeholders warn of job losses, closures, and long-term economic damage to Bengaluru's business ecosystem.

Illegal storage of gas cylinders unearthed in Bengaluru raid

Talaghattapura police uncovered illegal storage of 155 Bharat Gas cylinders at a private godown in Vishweshwaraiah Industrial Layout.
Acting on a complaint from the Food Inspector of Bengaluru South Taluk on 17 March 2026, police registered a case under the Essential Commodities Act.
The gas agency owner allegedly stored domestic LPG cylinders unlawfully, violating safety norms.
The raid seized 148 empty and seven filled 19-kg cylinders, raising serious fire and explosion concerns. Authorities are investigating the source and intended distribution, and action will follow in accordance with the law.

Child theft ring exposed

The Sadashivanagar police have arrested a man accused of stealing gold ornaments from children and lifting vehicles, recovering valuables worth ₹42.38 lakh from his possession.

The case came to light after a resident of Electronic City Phase 2 filed a complaint on May 11, 2025, stating that an unknown person had stolen a gold pendant and a gold-plated silver chain from his daughter during a wedding held at Palace Grounds on May 8 and 9.

Following a sustained investigation, police detained a suspect found behaving suspiciously at Palace Grounds on March 7, 2026. During interrogation, the accused confessed to targeting children at welfare centres and public events, engaging them in conversation before stealing their jewellery. He also admitted to stealing vehicles.

Based on his information, police recovered 132 grams of gold ornaments, ₹1.2 lakh in cash, seven mobile phones, two laptops, two cars, and four two-wheelers from his residence in Andrahalli. Police said the arrest helped solve eight cases across multiple stations. The accused has been remanded to judicial custody.

—BMB

Fake surrenders, real revenue loss

A major road tax fraud has come to light, in which private vehicles officially declared as "surrendered" and handed over to the government were allegedly still being operated by tampering with engine and chassis numbers. The scam, involving a single company, has resulted in a loss of over ₹5.47 crore in unpaid road taxes. Investigations at the Chikkamagaluru RTO revealed that, out of 61 vehicles owned by the firm, 13 were shown as surrendered during the Covid period, while taxes on several others remained unpaid. Shockingly, both the surrendered and tax-defaulting vehicles are reportedly missing and being used with altered number plates.

The irregularity surfaced after enforcement officials in Chitradurga seized vehicles operating under suspicious registrations, including some falsely marked as registered in Arunachal Pradesh. Further scrutiny exposed large-scale manipulation and administrative lapses. Officials point out that surrendered vehicles are supposed to be regularly inspected by RTO authorities, but a lack of monitoring allowed the misuse to go unchecked for years. With national permit vehicles required to pay significant quarterly taxes, the practice of running multiple vehicles under a single identity has potentially led to massive revenue losses. The case has raised serious concerns about systemic failures, with calls for a wider investigation into similar frauds across the state.

RTO scam exposes massive loopholes

—BMB

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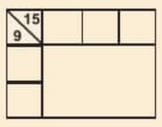
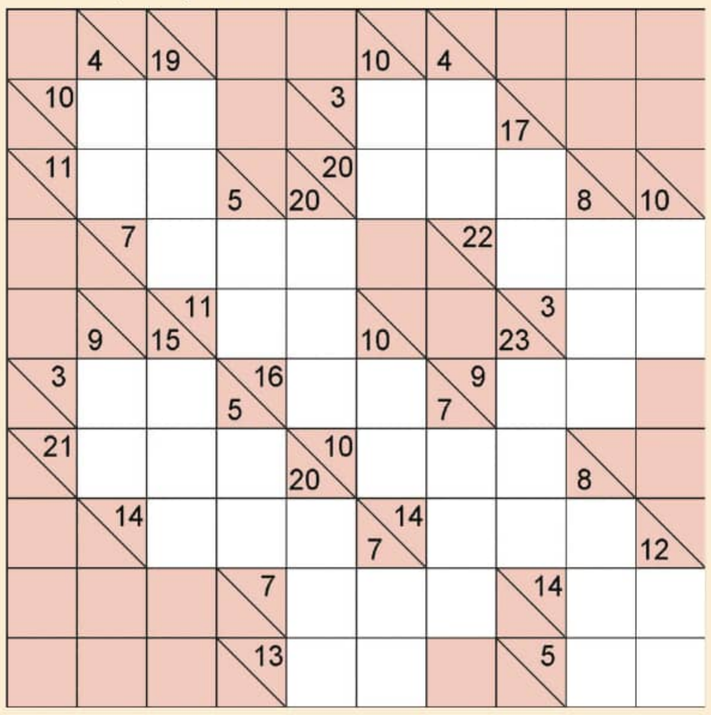
Kakuro

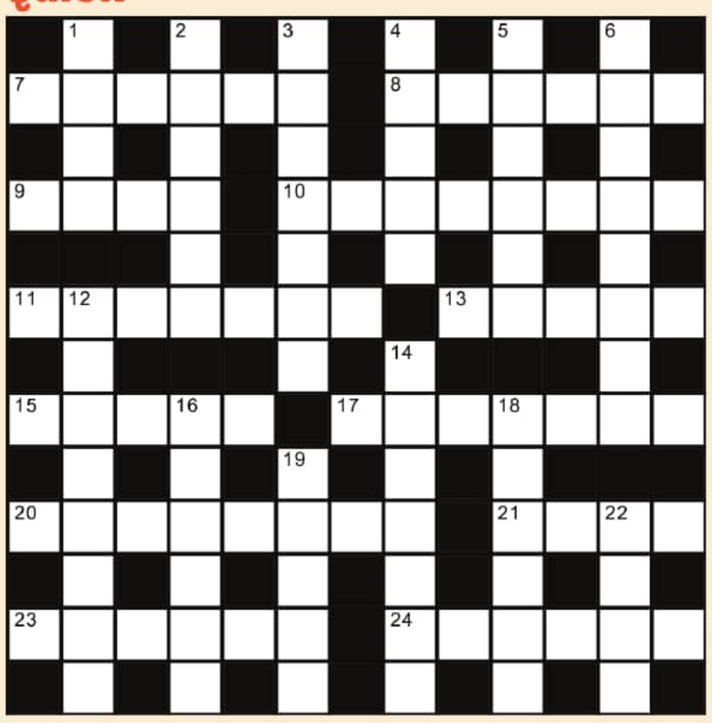
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Japanese number puzzle (6)
8 Started or commenced (6)
9 A word meaning 'half' (4)
10 Most firmly established (8)
11 Letters from admirers (3,4)
13 Becomes larger in size (5)
15 An equine (5)
17 Swarming (7)
20 Sticking together; tension or traction (8)
21 Chicken curry native to Karnataka (4)
23 Quantity wrapped for carrying (6)
24 Fearless (6)

DOWN

1 English river (4)
2 Na in NaCl (6)
3 Tabla maestro Zakir ____ (7)
4 Up to now (2,3)
5 Vendor (6)
6 George _____ : composer of "Porgy and Bess"? (8)
12 An advantageous purchase (1,4,3)
14 35th president of the U.S (7)
16 ____ up : steps on the gas pedal? (6)
18 Creators (6)
19 World wide web locations (5)
22 Give on loan (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: U EQUALS L

FUU LPFL TN CWUH HWON VWL CUTLLOM, VWL FUU LPWNO LPFL DFVHOM FMO UWNL.

Linemaro

I don't know if you're in my range, but I'd sure like to take you back to my domain

Mindchow

The best cure for the body is a quiet mind

Joke of the day

The rings of Saturn are comprised entirely of lost airline luggage

Loop

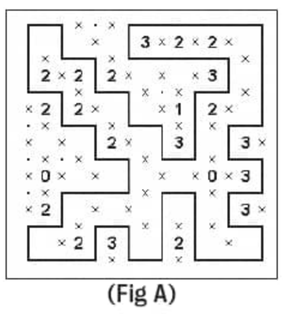
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

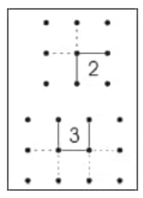
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

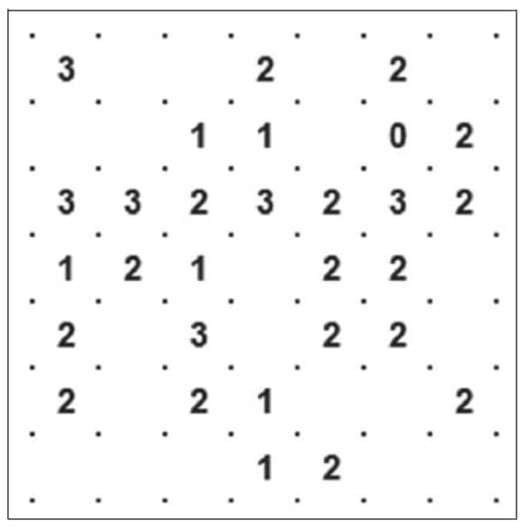
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



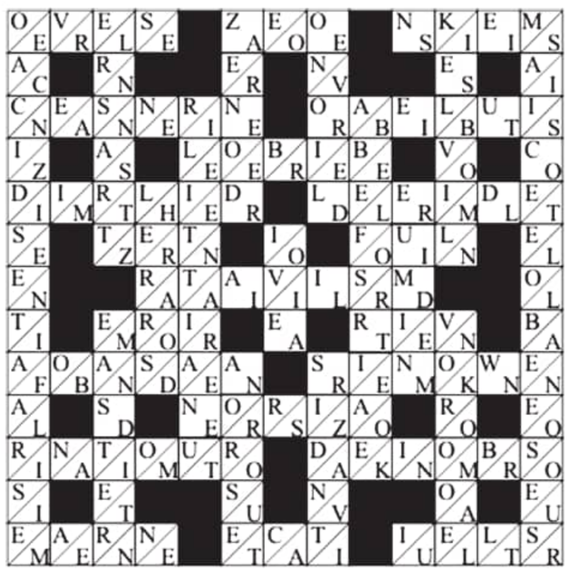
(Fig A)



(Fig B) Not Allowed



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

1	2	3	4	5
6				
7				
8				
9	Y			

ACROSS

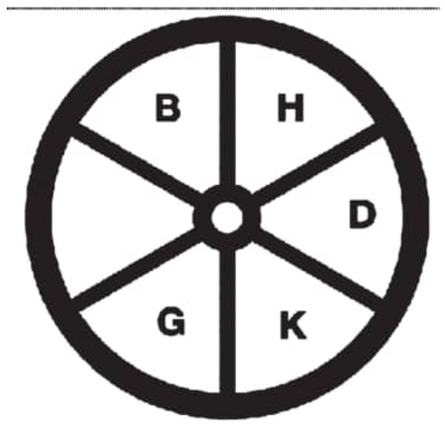
1 eg all; 6 Mean E;
7 Tacit; 8 Duper;
9 PT dye

DOWN

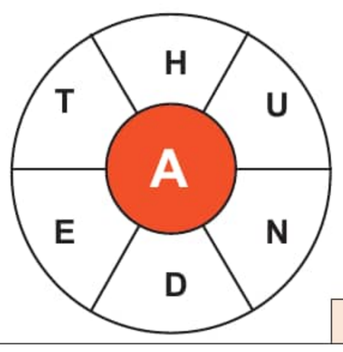
1 Lepta; 2 Try Ne;
3 Up Get; 4 Media;
5 Decal

Mensapuzzle

Which letter should be entered into the empty segment?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

14 Average; **16** Good; **18** Outstanding

SudokuChallenge

		9		6		2		
			8					6
3					1	7	5	
8			1		7	4		9
	7						8	
9		4	6		5			7
	3	6	4					5
7					8			
		8		3		1		

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 12

5 7 6 6

Medium = 18

3 4 4 2

Hard = 30

5 5 7 8

Hocusfocus

Find at least six differences in details between panels.

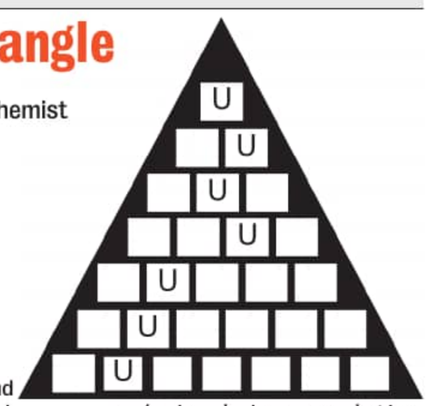
Differences: 1. Wheel is moved. 2. Ann is moved. 3. Window is moved. 4. Foot is moved. 5. Step is longer. 6. Truck is smaller.

Riddler

In a sylasearch I give you a syllable-starter, which is the first syllable in the words you are to find. I will also give you a listing of the other syllables that you must use to figure out the 7 words. Syllable List–al, cras, fes, file, ly, mo, nate, noun, po, si, sion, tec, ter, ti, tion, tor Syllable-starter: pro How many syllables each word has: 1. (2), 2. (2), 3. (3), 4. (3), 5. (4), 6. (4) & 7. (5)

Alpha triangle

1 A type of turn
2 Copper for the chemist
3 Snooker prop
4 Hint
5 Money
6 Coiled
7 Turned sour

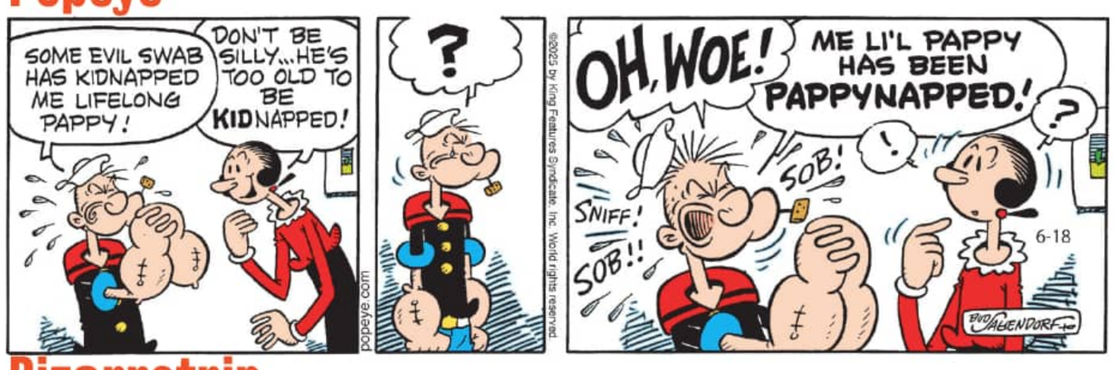


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

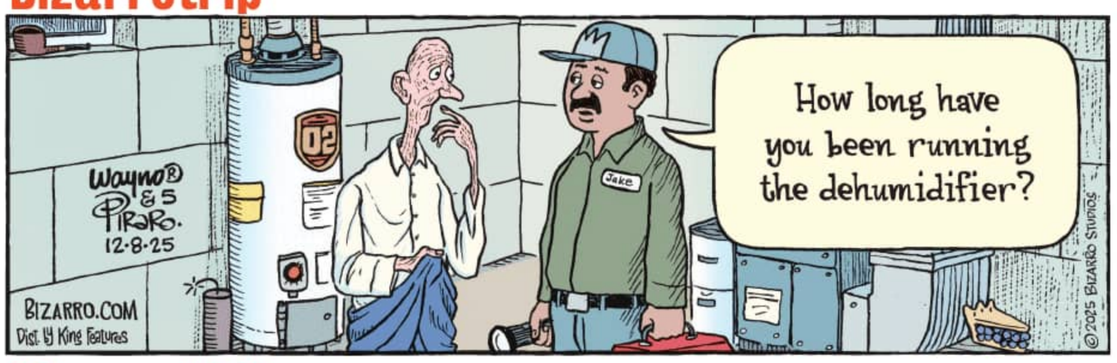
DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

COMICS

Popeye



Bizarrotrip



Diamond Lil

IS LIL STILL WORKING AS A GREETER AT 4'ALL MART?
4EAH
I THINK SHE HAS A REAL GIFT FOR MAKING PEOPLE FEEL WELCOME
OH, HOLY MOTHER OF PEARL
12/8
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Hart of the city

WE'RE ALL DONE HERE, MS. WELLS!
THANKS... SO... MUCH... SWEETIE...
IT... ALWAYS... TAKES... SO... LONG... TO... DO...
YOU'RE... A... LIFE... SAVER...
SHE TALKS SO SLOW!! YOU WERE THERE FOR FIVE MINUTES!
SHE ALSO PAID US FIFTY BUCKS.
I'LL STOP COMPLAINING.
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12/10
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Crankshaft

I JUST FOUND OUT THAT ED CRANKSHAFT ISN'T FEELING WELL... AND HE WAS GOING TO BE OUR SANTA TODAY!
The Village Monsouth
VISIT SANTA TODAY
12-8
MAYBE I CAN HELP... I'D BE HAPPY TO LOAN YOU OUR SANTA FROM MONTONI'S!
PEPPER-HO-HO-ONI!
HE CERTAINLY SEEMS TO HAVE THE HOLIDAY SPIRIT!
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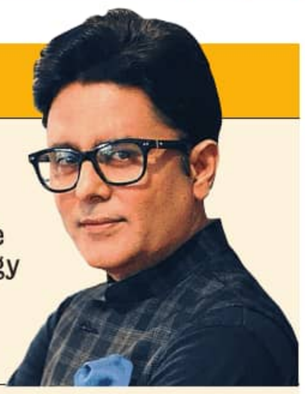
Mutts

WRITTEN IN THE STARS

DR SUNDEEP KOCHAR



If it's your birthday today

Momentum builds naturally. Love feels exciting and motivating. Career progress accelerates when you take initiative. Financial gains reward courage and planning. Travel encourages independence and confidence. At home, energy feels uplifting and productive. Trusting your instincts and acting boldly helps you move forward with enthusiasm and renewed purpose.

Aries Mar 21 – Apr 20

A fresh personal cycle begins. Maintain optimism without forcing change. What you achieve in coming weeks can improve your life significantly, creating long-lasting benefits through belief, focus, patience, confidence, momentum, and consistency.

Taurus Apr 21 – May 20

Sensitivity increases, making emotions closer to the surface. Don't hide how you feel. Express needs clearly to loved ones, trusting openness invites support, understanding, reassurance, care, connection, relief, comfort, stability, and reassurance.

Gemini May 21 – Jun 21

If something leaves you dissatisfied, begin exploring ways to change it. Seek advice from trusted friends if stuck; outside perspectives may reveal solutions you hadn't considered before.

Cancer Jun 22 – July 23

Ambition rises, but caution is essential. Think carefully before acting and avoid unnecessary risks. Slow, deliberate choices now protect long-term goals, security, reputation, stability, progress, confidence, and professional direction.

Leo Jul 24 – Aug 23

An expansive phase begins, encouraging bold focus. Direct energy toward areas where you felt restricted. Growth comes from courage, belief, persistence, optimism, confidence, and willingness to explore new possibilities fully.

Virgo Aug 24 – Sep 23

Practical limits demand realism now. Financial constraints slow progress, making it necessary to adjust expectations. Address money matters first to create a stronger foundation for future movement.

Libra Sep 24 – Oct 22

Others want greater input in shared matters. Allow space for their ideas; collaboration may reveal worthwhile approaches you wouldn't choose alone, improving outcomes, balance, trust, cooperation, harmony, effectiveness, and mutual respect.

Scorpio Oct 23 – Nov 22

Work demands your full attention. Clear distractions, narrow focus, and prioritise responsibilities. Handling tasks efficiently now prevents overwhelm later and restores control, confidence, momentum, order, structure, and peace of mind.

Sagittarius Nov 23 – Dec 22

Stop dwelling on setbacks and begin planning proactively. Define what you want from life, then take steps toward it with confidence, courage, optimism, clarity, intention, belief, persistence, and purposeful action.

Capricorn Dec 23 – Jan 20

Honest communication at home becomes important. Share feelings gently, choosing words carefully. Thoughtful expression strengthens bonds without causing unnecessary tension, misunderstanding, conflict, anxiety, defensiveness, fear, or emotional distance.

Aquarius Jan 21 – Feb 19

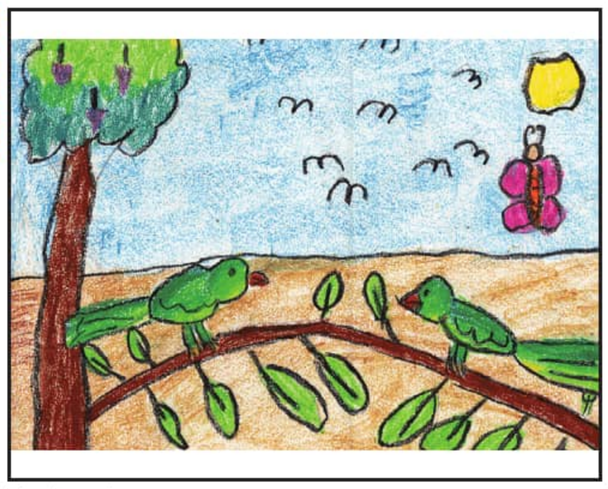
Before declining social plans, reconsider. You've been overworking and need rest. Enjoyment restores energy, balance, perspective, creativity, motivation, resilience, emotional wellbeing, clarity, productivity, and enthusiasm.

Pisces Feb 20 – Mar 20

Insight clarifies what's been misaligned and how to correct it. If an opportunity to act arises soon, don't hesitate. Use understanding immediately to create meaningful, positive change now.

www.sundeepkochar.com

KIDZONE



Riya, Bengaluru

Rakshmi, Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
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SOLUTIONS

SOLVE IN 1M

=[4 / 8*(1/2) / 8*(4/8)] × 8*(2/4)
=[4 / 8*(1/2) × 8*(1/2)] = 4

RIDDLER

1. profile (pro file),
2. pronoun (pro noun),
3. promoter (pro mo ter),
4. protector (pro tec tor),
5. procrastinate (pro cras ti nate),
6. proposition (pro po si tion) &
7. professionally (pro fes sion al ly)

QUOTE UNCODE

All that is gold does not glitter, not all those that wander are lost.

FAST FIVE

L	E	G	A	L
E	N	E	M	A
A	T	T	I	C
P	R	U	D	E
T	Y	P	E	D

STRIKE OUT

M	E	R	E		E	A	T		I	L	L	S		
S		E			S		N		A			U		
I	N	T	O	T	O		A	K	I	M	B	O		
L		S		N	O	R	I	A		R		E		
A	B	A	D	A	N		R	E	N	O	W	N		
T		E	R	R		E		T	E	N		A		
N			A	T	A	V	I	S	M			L		
E		Z	E	N		I		F	U	N		L		
D	I	T	H	E	R		D	E	R	I	D	E		
I		A		E	E	R	I	E		V		C		
C	A	S	E	R	N		O	B	E	L	U	S		
O	R	E	S		Z	O	O		S	K	I	M		

QUICK

		O		S		H		S		S		Y		
		S	U	D	O	K	U		O	P	E	N	E	D
		D	E	M	I		S	T	A	B	L	E	S	T
		S		D		S		F		L		R		
		G		S		S		O	R	E		N		
		F	A	N	M	A	I	L		G	R	O	W	S
		H	O	R	S	E		T	E	E	M	I	N	G
		G				N		K				I		
		O		P		S		N				A		
A	D	H	E	S	I	O	N		K	O	L	I		
B		E		T		E		B		E				
B	U	N	D	L	E		D	A	R	I	N	G		
Y		S		S			Y		S		D			

MENSA PUZZLE

M. Going clockwise move forward 5 places, then back 3, missing out all the vowels.

BULL'S EYE

ante, anted, aunt, date, daunt, dean, death, hand, hate, hated, haunt, HAUNTED, haute, head, heat, neat, than, tuna

SUDOKU

5	8	9	7	6	3	2	4	1
4	1	7	8	5	2	9	3	6
3	6	2	9	4	1	7	5	8
8	5	3	1	2	7	4	6	9
6	7	1	3	9	4	5	8	2
9	2	4	6	8	5	3	1	7
1	3	6	4	7	9	8	2	5
7	4	5	2	1	8	6	9	3
2	9	8	5	3	6	1	7	4

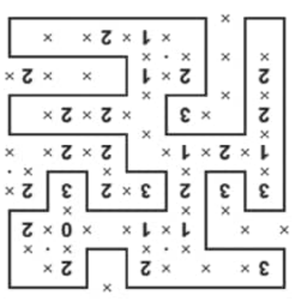
ALPHA TRIANGLE

U, Cu, Cue, Clue, Lucre, Curled, Curdled.

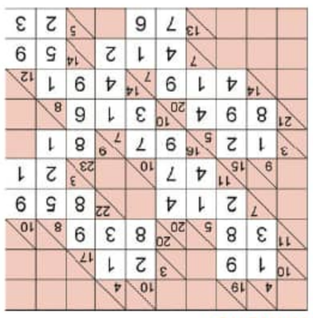
GO FIGURE

Easy
6 + 5 + 7 − 6 = 12
Medium
4 − 2 + 4 x 3 = 18
Hard
8 + 5 − 7 x 5 = 30

LOOP



KAKURO



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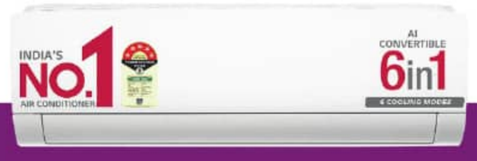

LG 1.5 Ton Inverter AC 5★

MRP	₹78,990*
Selling Price	₹47,990*
2 EMIs Free Worth	₹7,998*
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Additional Exchange Benefits Available at Store	

25% OFF

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Cashback Up to	₹973*
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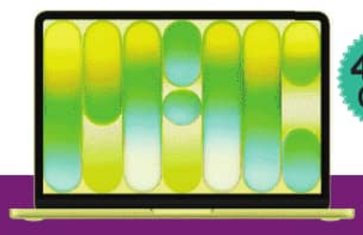

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